



HEART OF
**WORCESTERSHIRE
COLLEGE**

Coronavirus

What is it?

How to stay safe?

Easy Read

What is Coronavirus?

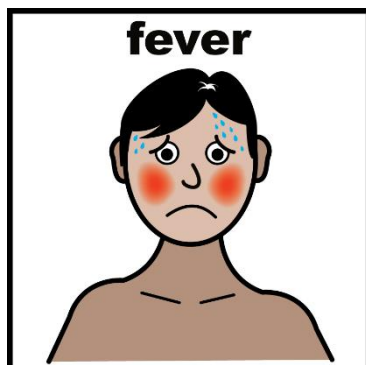


Lots of people are talking about Coronavirus.

They may also call it COVID 19.

You will hear a lot about it on the news.

How do I know if I've got it?



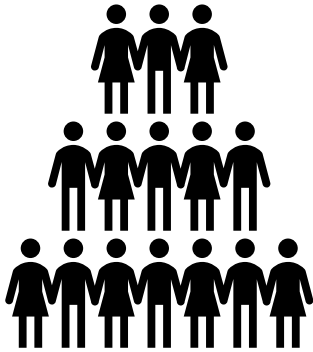
You may feel ill and get one or more of the following:

A cough.

A fever.

Difficulty breathing.

How can I stay safe?



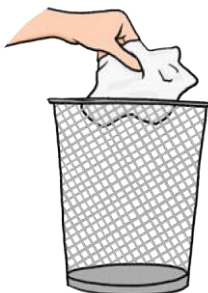
It can spread from person to person.

Lots of people have got this virus.

There are actions you can take to help yourself and others.



If you need to sneeze or cough – catch it with a tissue.



Bin it

Coronavirus

Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

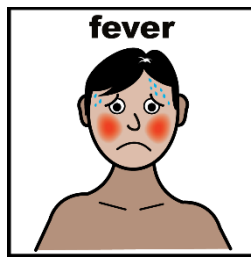
Use a tissue to turn off the tap.

Dry your hands

This will help kill the virus.

Try to avoid touching your face or mouth.

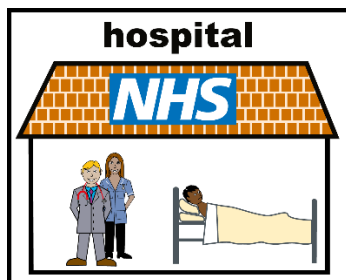
What if I feel unwell?



Stay at home for 7 days if you have:

A high temperature

A new cough that continues over time.



Do not go to your GP or hospital.

Stay home for 7 days and do not go out.

Keep away from others.

In most cases this will be a mild illness.

What if I get worse?



If you cannot cope with your symptoms at home or

Your symptoms get worse or

Your symptoms last for more than 7 days

Use NHS online

Only call 111 if you cannot get help online.

Go online to:

111.nhs.uk